

Adult Fitness

YOGA



This is a class complete with instructional techniques on yoga, proper breathing, form, posture, breathing, and poses.

Instructor: Yvonne Bannister

Location: Cultural and Community Center, Mira Monte Room

Activity#	Date	Day	Time	Age	Sessions
4690.205	5/4-5/25	T	6:30pm-7:25pm	8yrs+	4
4690.206	6/1-6/22	T	6:30pm-7:25pm	8yrs+	4
4690.207	7/6-7/27	T	6:30pm-7:25pm	8yrs+	4
4690.208	8/3-8/31*	T	6:30pm-7:25pm	8yrs+	4

*No class 8/24

Resident: \$45 / CRC Member: FREE

Non Resident: \$55 / CRC Member: FREE

FAMILY YOGA

(Parents, 6 months+)



This class promotes involvement of mothers-to-be, and parents with their toddlers. This class is designed to offer a unique opportunity for parents and children to develop a relationship and bond. The elements of yoga will be implemented and modified for both parents and children who are participating in this class.

Instructor: Amy McElroy

Location: Centennial Recreation Center, Aerobics Room

Activity#	Date	Day	Time	Age	Sessions
4690.201	5/4-5/25	T	9:30am-10am	6months+	4
4690.202	6/1-6/22	T	9:30am-10am	6months+	4
4690.203	7/6-7/27	T	9:30am-10am	6months+	4
4690.204	8/3-8/24	T	9:30am-10am	6months+	4

Resident: \$25 / CRC Member: FREE

Non Resident: \$30 / CRC Member: FREE

BUST A GRIND BOOT CAMP

Are you ready to kick-start your fitness program? Then join us for "Bust a Grind" Boot Camp Challenge! This three-week group exercise program will give you a total body workout like you've never seen before. Each day there will be something new including use of stability balls, dumb bells, resistance bands, bosu trainers and so much more!

Instructor: Fitness Staff

Location: Centennial Recreation Center, Gymnasium

Activity#	Date	Day	Time	Age	Sessions
5690.201	6/7-6/25	M/W/F	5am-6am	18yrs+	9
5690.202	7/5-7/23	M/W/F	5am-6am	18yrs+	9
5690.203	8/2-8/20	M/W/F	5am-6am	18yrs+	9

Resident: \$155 / CRC Member: \$150

Non Resident: \$165 / CRC Member: \$160

PERSONAL TRAINING

Our personal training program is individualized and specifically tailored to fit your needs. Our certified trainers will guide you through a customized program which will get you the results you need in the fastest and most effective way possible. You will be instructed in all components necessary to alter body composition, including the use of proper bio-mechanics, anatomy, physiology and much more. A complimentary Body Composition Assessment will be provided to optimize your Personal Training goals.

For more information or to register please contact the Welcome Center.

Location: Centennial Recreation Center

Fees: \$70 per session (Individual sessions)

\$342 6-session package @ \$57 session

\$540 12-session package @ \$45 per session

\$704 16-session package @ \$44 per session

\$774 18-session package @ \$43 per session

\$960 24-session package @ \$40 per session

Personal training is only available for CRC facility members. The first session is an assessment session that will help the trainer establish the level of fitness of each individual to help determine training methods and to meet clients goals.

ADULT

**SURF
OR
TURF
PARTY PACKAGES**

Book Your Next Birthday Party With Us!

Centennial Recreation Center
Year Round Bookings – (408) 782-2128 x803

Aquatics Center Parties
Summer Bookings – (408) 782-2134 x710